Kale and Potato Soup

1. In a large saucepan, **heat** the olive oil over medium heat for 1 minute. **Add** chopped onion and garlic and **cook** uncovered for 5 minutes.
2. **Add** chicken broth, potatoes and carrot; cover and bring to a boil.
3. **Reduce heat** and simmer for 20 minutes.
4. **Mix** in the kale, chicken and black pepper. **Cover** and simmer for 15 minutes or until kale is tender.

**Yield:** 6, 1½ cup servings.

**Nutritional Analysis:**
270 calories, 5 g fat, 1 g saturated fat, 25 mg cholesterol, 210 mg sodium, 43 g carbohydrate, 5 g fiber, 15 g protein.

---

**Kentucky Kale**

**SEASON:** May through June and September through November.

**NUTRITION FACTS:** Kale is a good source of vitamins A and C. A half-cup serving contains 20 percent of calcium needed daily. It is low in calories, sodium and contains no fat.

**SELECTION:** Choose dark colored, small to medium sized leaves. Leaves should be fresh, young and tender. Avoid greens with coarse stems or yellowed, dried, limp leaves.

**STORAGE:** Store kale and other greens in the coldest part of the refrigerator for no more than 2 or 3 days.

**PREPARATION:** Wash leaves in lukewarm water. Remove roots, rough ribs and center stalks if they are large or fibrous.

**To cook:** Add washed greens to a medium-sized saucepan with ¼ inch of water. Bring water to a boil. Cover and cook until tender. Crisp and tender leaves may require 5 to 10 minutes.

**To freeze:** Wash young, tender green leaves thoroughly and cut off woody stems. Blanch greens for 2 to 3 minutes, cool, drain, and package. Leave ½-inch headspace, seal, label and freeze. Greens can be stored for up to 1 year.

**KENTUCKY KALE**

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
March 2013

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county’s Extension agent for Family and Consumer Sciences or visit www.uky.ag/fcs

---